

POSITIVE SPIRIT

1. Positive attitude is a state of mind that envisions and expects favorable results.
2. The willingness to try doing new things
3. The belief that everything would turn all right
4. It is an attitude that helps you see the good in people.
5. It is a mental attitude that sees the good and the accomplishments in your life, rather than the negative and the failures.
6. A positive attitude is a mindset that helps you see and recognize opportunities.
7. Positive attitude means positive thinking
8. It is optimism and maintaining a positive mindset
9. It is a mental attitude that focuses on the bright side of life
10. It is a mindset that uses the words, "I can", and "it is possible".

Character Traits of People with a Positive Attitude

1. A positive attitude is mental outlook of optimism and of expecting good things to happen. People who possess this attitude are easier to get along with, are happy, and they spread joy around them.
2. A person with a positive state of mind does not dwell on the problems and difficulties of the past, and does not let them dictate his or her life. Such a person would rather learn from past mistakes and move on.
3. A positive attitude can affect your life favorably in all areas. People with a positive outlook, view life, challenges, and the situations they go through, with confidence and are sure they can deal with them.
4. These people would not be stuck in a negative attitude of fear, lack of self-esteem and passivity. People with a positive attitude will not let failure or obstacles stand in their way, and will always try to find ways to overcome them.

How to Avoid Negative Thinking? Here are a few techniques:

1. Try to be aware of your thoughts. Most often, one thinks in an automatic way, hardly aware of what he or she are thinking. If you strive to become aware of your thoughts, you will know when you are thinking negatively, and therefore, would be in a better position to avoid them.

2. When catching yourself thinking negatively, consciously, try to think of something else, something positive and uplifting.
3. Choose to watch happy and funny movies, instead of movies about disasters and unhappiness.
4. Think often about the good things you have in your life, and less about the bad things. Look at the filled part of the glass, not at the empty part, even if the empty is greater than the full.
5. Align your thinking with your actions. When doing something, focus on it. When eating, focus on the act of eating. When dressing, focus on dressing, and when exercising your body, focus on the exercise. In this way, you will not make a place for negative thinking.
6. Sometimes, during the day, visualize yourself doing something you love doing, like walking or sitting on the beach, visiting a beautiful place, or being in the company of people you love.
7. Be aware that sometimes, problems and difficulties are blown out of proportions. Often, they are minor problems and difficulties not worth your time and energy. Having this point of view can help you avoid negative thinking, when facing problems or difficulties.
8. If negative thoughts persist, write them down, and analyze them to see if there is any truth in them.
9. Don't fight the thoughts you don't want or don't like. If you fight them, they become stronger. A better approach would be treating them with detachment and lack of interest.
10. Surround yourself with positive people.

Tips on How to Build a Positive Attitude

1. Become more aware of your thoughts. Are they predominantly negative or positive? Do you often think negatively, and are you aware when you do so? Becoming aware of your thoughts is the first step to change them.
2. When a negative thought enters your mind, immediately replace it with a positive thought. You will have to repeat this process constantly, until the new thoughts replace the old thoughts.
3. Be kind with yourself and do at least one thing a day that you enjoy doing, and which makes you happy.
4. Every day, find the time to listen to music that you love and enjoy.

5. Read about the life of positive and successful people. You can find many articles on them on the Internet, and also on many books.

Reading inspiring quotes, motivate, inspire and encourage you, and help you to develop a positive attitude toward yourself, your life, and your environment.

7. Visualize your life as you wish it to be, and believe in what you visualize. If negative images try to enter your mind, replace them with images and scenes that you want to come true. Refuse to indulge in doubts and negative thinking.

8. Do not listen to people who tell you that you cannot do this or that, persuade you that you lack the right skills, or constantly tell you that you are a failure. This might be their opinion, but not yours.

9. Always prefer to watch inspiring, motivating or funny movies. They would help you maintain a happier and optimistic attitude.

10. Learn how to use affirmations. These are positive statements that you repeat over again, just like autosuggestion. They are a great tool for building a positive attitude.

11. Read, study, and start to use the power of visualization. When you know how to use it effectively it can improve your life in every area.